

# High School Health Elective

Antonia Remsing

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Divine School

6th Period

Room 304

VP: (360)-553-4614

## Course Description:

In this semester course, students will be learning about a variety of topics that will prepare students to think critically and independently about their health in relation to everyday life issues. Everything that will be discussed in this class will have to do with their lives currently and future. We will be learning about the following topics: Decision Making, Sexual Health, Mental Health, Drugs, Alcohol, Healthy & Unhealthy Relationships, Nutrition, and Communication.

## Goals:

- Learn functional health information (essential knowledge).
- Develop essential health skills that lead to maintaining health-enhancing behaviors.
- Shape personal values and beliefs that support good health (in all aspects physically, mentally, emotionally, and socially).

## Required Materials:

- Pencil
- Chromebook (provided by WSD)
- 1-inch ring binder (for keeping notes together)
- A great attitude and motivation to learn!

## Class Expectations:

### **Terrier Pride**

- Respect Yourself

- Respect Others
- Respect Property

### **Terrier Pride in the Classroom**

- Follow the 3 Rs
- Be on Time
- Be Prepared
- Attend to Presenter
- Support Everyone's Learning

### **Absences/Tardies**

If your student is absent, they can check Google Classroom for any missed assignments that need to be completed. The student is responsible to meet with me to discuss a due date for the missed assignment.

If your student is tardy, they will need to enter class with a blue slip to be excused. If they do not provide a blue slip, they will be considered tardy. Three or more tardies may result in disciplinary action.

### **Makeup/Late Work**

Makeup and late work will be accepted, but only in the quarter that it was assigned. There are quarter deadlines that work must be completed by to be graded. Ex: An assignment given during the first quarter can only be turned in and graded in the first quarter, and cannot be turned in during the second quarter for credit.

### **Electronic Devices**

Use of cell phones and any other non school electronic device are not permitted during class time. Chromebooks will be provided for schoolwork only. If use of electronics becomes an issue, students will be asked to put their cell phones in a designated location for the duration of class.

## **Grading Policy:**

Quarterly grades will be determined as follows:

- Class Assignments: 30%
- Participation: 40%

- Tests: 30%

Grades will be reported in the following form based on WSD grading marks:

Letter Grade	Percent Ranges	Scale Value	General Rubric
A	93-100	4.0	Exceeds expectations
A-	90-92.9	3.7	
B+	87-89.9	3.3	
B	83-86.9	3.0	Meets expectations
B-	80-82.9	2.7	
C+	77-79.9	2.3	
C	73-76.9	2.0	Approaching expectations
C-	70-72.9	1.7	
D+	67-69.9	1.3	
D	60-66.9	1.0	Does not meet expectations
F	<60	0	No evidence

### **Additional Support:**

If students need additional information or support on an assignment, they can come see me to schedule a time to meet. This time can either be before or after school.

### **Parent Contact:**

If parents need to contact me, the best way to do so would be either email or VP. I check my email frequently and typically respond within a day. If you prefer another mode of communication, please let me know.

Email: [antonia.remsing@cdhy.wa.gov](mailto:antonia.remsing@cdhy.wa.gov)

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